

## Pork Loin/Chop w/ Apple-Cran Chutney10

Number of Servings: 10 (166.38 g per serving)

Preparation Time:

Cook Time: 1:30

Cook Temperature: 325

Pan Size:

Cook Method:

Amount	Measure	Ingredient
2.00	tsp	Oil, olive, extra virgin
2.00	lb	Pork, roast, center loin, lean, w/bone, rstd
0.25	tsp	Spice, pepper, black, ground
1.00	cup	Onion, white, fresh, chpd
3.50	cup	Apples, chpd, fresh
0.33	cup	Cranberries, dried, swtnd
0.50	oz	Honey
1.00	Tbs	Juice, lemon, cnd/btl
0.33	cup	Water, tap, municipal
0.50	tsp	Herb, rosemary, dried
0.50	tsp	Spice, cinnamon, ground

### Nutrients per serving

## Nutrition Facts

Serving Size (166g)

Servings Per Container

Amount Per Serving

**Calories 230**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

**Saturated Fat 3g**    **15%**

**Trans Fat 0g**

**Cholesterol 70mg**    **23%**

**Sodium 80mg**    **3%**

**Total Carbohydrate 12g**    **4%**

**Dietary Fiber 2g**    **8%**

**Sugars 9g**

**Protein 26g**

**Vitamin A 0%**    • **Vitamin C 6%**

**Calcium 4%**    • **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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## Pork Loin/Chop w/ Apple-Cran Chutney10

Number of Servings: 10 (166.38 g per serving)

### Instructions

Start out with 1# RAW lean pork roast or lean chops per 4 people (MORE THAN THE ROASTED AMOUNT LISTED IN THE RECIPE)

The recipe lists the meat as roasted weight so the recipe analyzes correctly.

- Slice onion and apples, Placing Lemon juice on apples to prevent browning.
- Place Pork loin or chops into pan, sprinkling spices over top, and covering with apples, onions, cranberries and water,
- Roast, covered, for 1- 1 1/2 hours or until tender at 325 degrees for pork chops or approx. 20-30 minutes/# for pork loin roast or until 165 degree internally. Check every hour and add additional water if necessary to keep from drying out.
- Serving size approx 3 oz (4 oz raw/person, cooked will shrink to approx 3 oz) or 1 small chop

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

### Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

### Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.

### Notes

2# cooked roast for each 10 servings will require a 2 3/4 # RAW lean pork roast be purchased

20# cooked roast for 100 serv will require a 27# raw lean roast purchase

EACH 1/2 ounce honey = 1 T